



VERMONT Sport & Fitness Club



New Guidelines for Physical Activity

The latest report from the U.S. Department of Health & Human Services, based on the first thorough review of scientific research about physical activity and health in more than a decade, highlights and expands on the benefits of exercise for people of all ages and physical conditions. The report, issued in October, confirms that some exercise is better than none, and that benefits increase as the intensity, frequency and duration of physical activity increases.

Specific benefits include:

- Improved bone health and reduced symptoms of depression in children and adolescents.
- Lower risk of heart disease, stroke, high blood pressure, type 2 diabetes, and colon and breast cancer; and reduced depression in adults.
- Fewer falls and better cognitive ability in seniors.
- Improved pain management, function and quality of life for people with arthritis.

Go to health.gov/paguidelines for specific recommendations.



Jack Facey, Shannon Bertrand, Michelle Kenny, Jim Goss, David Cooper, Chris Blanchard, Matt Getty, Hans Huessy, and John Newman.

The Lawyers of Kenlan, Schwiebert, Facey & Goss—In the VS&F Spotlight

The lawyers of Kenlan, Schwiebert, Facey & Goss tend to be very fit, thanks in part to a corporate program that offers membership to every attorney. The group is diverse and most are very active in their fitness.

Some play tennis, some use our equipment, some do group activities, some take karate, and some do a bit of everything.

Partner Jim Goss, a sixth degree black belt, is our karate program teacher and attorney John Newman, an active tennis player, has taught meditation at VS&F.

Partner Jack Facey believed in fitness for his law group and started

their corporate program in 2001. Very active himself, Jack plays tennis, lifts weights and does cardio activity. He and Jim Goss have given their staff both encouragement and flexibility so that all could be active and fit. We are sure it makes them better lawyers and better office teammates.

Thanks to all the lawyers who participate in VS&F programs, including Shannon Bertrand, David Cooper, Matt Getty, Hans Huessy, Michelle Kenny, Chris Blanchard, and Paula McCann.

See how exercise can save money for you on page 2.

Strength Training Success Stories:

Darlene McMahon

Young Mother of Twins
Moved to Rutland from Rochester,
NY with her family in 2007.



"I've lost 15 pounds and I've got enough energy for my two-and-a-half year old boys."

Ashley Boucher

Rutland High School Senior
All-state honors in lacrosse, soccer,
and probably hockey.



"My power and balance come mostly from my core. That's a lot of what I work on at Vermont Sport & Fitness."

Free for every new EFT or annual member:

ActivTrax

- Initial fitness testing
- Fitness goal setting
- Fitness overall plan of attack

Then, individualized workout plans every time you come in!

Designed to meet your goals, fit your schedule and style, and to overcome plateaus and boredom.

Just like a personal trainer but **free** for every workout session!

The workouts change to keep your body and your mind stimulated and in response to your fitness improvements.

www.activtrax.com to learn more.

Physical Activity Saves Money

Physically active employees save their companies money. But does that money go to your boss or to you?

The economic benefits of regular exercise for businesses are well known: lower health care costs, reduced sick days, higher productivity, and fewer worker's compensation claims. For every dollar spent on employee fitness, the returns are staggering: 100% to 300% in just five years.

Personal Training— For Maximum Benefit

To get the most from every minute you spend on fitness, hire a trainer. There is a big difference in results between pretty good exercise and a program that is designed by a professional exactly for you. You will lose more fat, gain more lean muscle and avoid plateaus, and you will probably stay the course until you've reached your fitness goals. Meet our trainers at www.vermontsportandfitness.com and learn how you can win a free personal training session.

But how does this affect you? First, if you exercise regularly you will get sick less, your illnesses will be less serious and they will cost less. Between co-pays, over-the-counter meds, and alternative medical services, the extra costs for those who do not exercise can be hundreds of dollars a year.

Second, productive employees get ahead. If you engage in regular physical activity you will be more likely to get that raise or promotion you seek. This can mean thousands a year.

Third, physically active people are more likely to make other good health choices like quitting smoking. These can save a fortune. Exercise also reduces cravings for cigarettes and withdrawal symptoms, according to the latest research.

Almost everything people do is more expensive than a fitness activity, which can be free (e.g., a walk outside) or less than \$2 a day at a health and fitness club.

So, it's good business for your employer to invest in your health and fitness but it's even better for you. You will look and feel better, you'll be more productive and relaxed and you'll be smiling all the way to the bank.*

Recent Studies:

Exercise Reduces Risk of New Cancers

There is much research showing that exercise reduces and delays colon and breast cancer. Recently, however, a group of 79,000 men and women between 45 and 74 years of age were followed for nine years. Physical activity and cancer incidence were tracked and several new types of cancer (liver, pancreatic and stomach cancers) were found to be prevented or delayed in onset by exercise.*

Kids Need More Than Just Milk for Healthy Bones

Our mothers were right. The calcium in milk is critical to healthy bone development. But so is exercise, according to recent research. In one study, nine-year-olds in the highest exercise group had significantly stronger, denser bones than those who were less active. This provides one more example of the fact that good nutrition *and* exercise are both necessary to be at our healthy best.*

Tennis

Recreational Tennis at VS&F

*Playing tennis has more benefits than you might think. It burns calories (350 to 700 per hour), improves overall strength and balance, and strengthens your core and bones. Best of all, it's **fun**, and it engages your mind and your social side—not just your body.*

About a third of VS&F members play tennis on our three indoor hard courts or eight har tru courts outside. Tennis players don't need a special membership but they pay a modest court fee when they play.

Call us at (802) 775-9916 to get started today.

—Tennis Schedule—

Play Tennis Vermont

(for beginners, intermediates, and re-starters, ages 14 to adult)
New sessions beginning every month.

Adult Clinics: Intermediate & Advanced

Mondays, Thursdays, and Saturdays, 10:30 am – Noon.

Adult Tennis Leagues

New sessions begin in May, September, and January.
Next session begins in May.

Singles Ladder — Find plenty of singles games. Ongoing.

Vermont Five-Star Tennis Camp

For ages 5–15 all summer long. All ability levels welcome.
Monday through Thursday from 9 am to noon.
Sign up for a day, a week, or for the summer.

Open Play — Just call to reserve a court time.

Early registration recommended for all programs. Call (802) 775-9916.

Play Tennis Vermont

This program makes it easy to learn and it's perfect for adults, teens and parent-teen combos. Check our schedule at vsandf.com for times and dates.

Local recreational leagues

If you are looking for a weekly game, a recreational league might be perfect for you. We have winter and summer leagues that organize your play and help you to meet other tennis lovers whose play will be compatible with yours.

Traveling USTA leagues

USTA league tennis allows Vermont Sport & Fitness members to play against teams from elsewhere in Vermont and, if we qualify, against teams throughout New England. Leagues are organized by play level so our teams are matched against teams of similar skills.

Form your own group

Whether you are a group of 2 or 12 you can reserve a season court time for your own weekly play.

Lessons and clinics

Lessons are available by appointment with tennis professionals Rob Purdy and Tom Avellino. Check our schedule on-line or call for clinic information.

Vermont Five-Star Tennis Camp

We train some of Vermont's best young players, and beginners, too. Our goals are self-esteem, fun and tennis skills. Campers play on our eight outdoor tennis courts. Campers can also swim or engage in fun fitness activities.

Strength Training Critical as People Age

According to The Center for Disease Control and Prevention, strength training is especially important in older adults because of a tendency to lose

muscle and bone density as we age. A recent study backs up this claim by comparing groups of 60 to 75-year-olds attempting to lose weight with or without exercise. Dieters who exercised gained muscle while those who lost weight without exercise *lost* muscle. In addition, the non-exercising dieters lost efficiency in performing exercise tasks while the exercisers gained efficiency.*

New Class Replaces Body Pump

VS&F has three levels of strength training classes. Strength Training I (four classes in the schedule) has a slow to moderate pace and it's very easy to follow. It's perfect for seniors and beginners. Strength Training II (two classes) is also easy to follow but is moderately paced and somewhat more challenging than Strength Training I. Strength Training III (four classes), formerly Body Pump, adds more pace and challenge and is perfect for high intermediate to advanced exercisers. Each of these classes is related to the level below so, if members choose, they can progress from one level to the next.

* Go to vsandf.com for references.

Memberships

NO Long-Term Commitment

\$62* a month
with **ZERO** initiation

OR **\$52*** a month
with a **\$69** initiation

Special rates for families
and qualified students.

*prorated first month, last month,
tax, and \$5 registration due on joining

Strength Training III
New Class Schedule:

Monday & Wednesday
9:15 a.m.

Tuesday & Thursday
5:30 p.m.

Check vsandf.com for updates.

Group Fitness and Body-Mind Classes

Schedules subject to change. Go to vsandf.com for up-to-the-minute availability.

Classes held upstairs unless the Body-Mind Room is indicated. Please sign up for starred (*) classes in advance.

	Monday		Tuesday		Wednesday		Thursday	Friday	Saturday
early morning			6:15 a.m. Spinning*				6:15 a.m. Spinning*		
morning									8:15 a.m. Spinning*
	9:15 a.m. Strength Training III*	9:15 a.m. Pilates* <small>body-mind room</small>	9:15 a.m. Spinning*		9:15 a.m. Strength Training III*	9:15 a.m. Gentle Pilates* <small>body-mind room</small>	9:15 a.m. Flow Yoga <small>body-mind room</small>	9:15 a.m. Spinning*	9:30 a.m. Body Force*
late morning/ afternoon	11:00 a.m. Strength Training I		10:15 a.m. Flow Yoga <small>body-mind room</small>		11:00 a.m. Strength Training I				11:00 a.m. Strength Training I
	12:00 p.m. Spinning*				12:00 p.m. Spinning*				
early evening	4:30 p.m. Strength Training I		4:30 p.m. Pilates* <small>body-mind room</small>		4:30 p.m. Strength Training II		4:30 p.m. Pilates* <small>body-mind room</small>		4:30 p.m. Strength Training II
	5:30 p.m. Spinning*		5:30 p.m. Strength Training III*	5:30 p.m. Gentle Yoga <small>body-mind room</small>	5:30 p.m. Spinning*		5:30 p.m. Strength Training III*		5:30 p.m. Spinning*
evening	6:30 p.m. Karate <small>body-mind room</small>				7:00 p.m. Brazilian Jiu-Jitsu <small>(call for info) (\$)</small>		6:30 p.m. Karate <small>body-mind room</small>		

All Classes Free for Members*

\$14 for Non-Members

**Except Jiu Jitsu, inquire at front desk*

Go to vsandf.com for class descriptions and current schedule.